

# Idaho Arthritis



# Resource Guide

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## **Explanation of Idaho Layout**

**Area 1:** Panhandle - Northern Idaho/ Spokane/ Seattle. Including the following communities (p. 9):

Bonnars Ferry	Coeur d' Alene	Kellogg	Post Falls
Plummer	St. Maries	Sandpoint	Seattle
Spokane			

**Area 2:** North Central - Idaho and Washington. Including the following communities (p. 15):

Colfax	Cottonwood	Grangeville	Lapwai
Lewiston	Moscow	Orofino	Pullman

**Area 3:** Central Treasure Valley - Including the following communities (p. 19):

Boise	Caldwell	Eagle	Nampa
Meridian			

**Area 4:** Southwest & Central - Idaho and Nevada. Including the following communities (p.27):

Cascade	Council	Emmett	Fruitland
Garden Valley	Homedale	Horseshoe Bend	Kuna
Ontario	McCall	Melba	Middleton
Mountain Home	Owyhee	Payette	Weiser

**Area 5:** South Central Idaho - Including the following communities (p. 31):

Buhl	Burley	Eden	Fairfield
Gooding	Hagerman	Hailey	Jerome
Ketchum	Rupert	Shoshone	Stanley
Twin Falls			

**Area 6:** Eastern Idaho and Utah - Including the following communities (p. 35):

American Falls	Arco	Ashton	Blackfoot
Challis	Driggs	Downey	Fort Hall
Idaho Falls	Mackay	Malad	Montpelier
Ogden	Pocatello	Preston	Rexburg
Salmon	Salt Lake City	Shelley	Soda Springs

## **Arthritis Foundation**

**Listed below is the national and local contact information.**

- *National:*  
Arthritis Foundation <http://www.arthritis.org>  
1330 W. Peachtree 1-800-283-7800  
Atlanta, GA 30309 fax 1-404-872-9959
- *Local:*  
Arthritis Foundation – Utah/Idaho Chapter <http://www.arthritis.org>  
448 E. 400 S., Ste. 103 1-800-444-4993  
Salt Lake City, UT 84111 fax 1-801-536-0991

### **What is the Arthritis Foundation about?**

The mission of the Arthritis Foundation is to support research to find the cure for and prevention of arthritis and to improve the quality of life for those affected by arthritis.

What can the Arthritis Foundation do for me?

- Provide educational material for the public including pamphlets, brochures, and booklets.
- Provide educational material for presentation to the public including self-help course trainings.
- Publishes the magazine "Arthritis Today."
- Publishes newsletter for healthcare professionals.
- Aquatic and exercise program listing.
- Provide Self-Help Courses for:
  - Arthritis
  - Fibromyalgia

**Web Related Information can be found at** <http://www.arthritis.org>.

- Locally – Utah/Idaho events, classes, and rheumatologists can be found by going to the Arthritis Foundation home page, typing in your zip code, then using the links on the left side of the screen.

**On the website you can find information regarding the following topics:**

- Latest research findings.
- General information on different types of arthritis and treatments.
- Surgery Center-Information about arthritis surgeries including some animated demonstrations.
- Arthritis-related programs by state.
- Chat Rooms.
- Arthritis Store – items for sale including books, exercise and other videos.
- Advocacy Issues.
- Connect and Control – online personalized self-help course.

## Idaho Rheumatologists

- **Stephen Bienz, MD** (208) 288-4970  
4400 Flamingo Ave. E.  
Nampa, ID 83687
- **Richard Hearn, MD** (208) 234-1960  
560 Memorial Dr.  
Pocatello, ID 83201
- **James Loveless, MD** (208) 383-0201
- **Patrick Knibbe, MD** 1(800) 253-6552  
600 Robbins Rd. Ste. 100  
Boise, ID 83702
- **Nancy Terrell Maller, MD** (208) 459-4667  
**1818 S. 10<sup>th</sup>**  
Caldwell, ID 83605
- **Daryl McCarter, MD** (208) 887-9500
- Steven Ecklund, MD  
520 So. Eagle Rd. #3211  
Meridian, ID 83642
- **Jonathan Paine, MD** (208) 233-7476  
1246 Yellowstone Ste. C-4  
Pocatello, ID 83201
- **Donald Pica, MD** (208) 733-3700  
660 Shoshone St. E.  
Twin Falls, ID 83301
- **Peggy Ann Rupp, MD** (208) 322-1920  
901 N. Curtis Rd. Suite 404  
Boise, ID 83706
- **Linda Sakai, MD** (208) 765-5457
- Craig Wiesenhutter, MD  
950 Ironwood Drive  
Coeur d'Alene, ID 83814
- **Craig Scoville, MD** (208) 535-4373  
2860 Channing Way #202  
Idaho Falls, ID 83404

## **Area 1: Panhandle**

### **Health Care Providers**

- **Arthritis Northwest, P.L.L.C.** <http://www.arthritisnw.com>  
105 W. 8<sup>th</sup> Ave, Ste. 120 (509) 838-6500  
Spokane, WA 99204

*Staff:* Rheumatologist.

*Services/Programs:* Bone density screenings.

*Arthritis-related Research or Clinical Trials:* Arthritis and osteoporosis research, clinical trials for arthritis and osteoporosis medications.

*Insurance:* Medicaid, Medicare, private insurance.

- **Associated Orthopaedic Specialists** <http://www.aos-spokane.com>  
105 W. 8<sup>th</sup> Ave. #6060 (509) 747-3107  
Spokane, WA 99204 1 (800) 576-3373  
**Or**  
910 W. 5<sup>th</sup> Ave. #500 (509) 624-4192  
Spokane, WA 99204 1(800) 644-4192

*Staff:* Orthopedist.

*Services/Programs:* Arthritis-related surgery, joint replacement, orthopaedic surgery, splinting.

*Insurance:* Medicare, private insurance.

- **Benewah Community Hospital**  
229 S. 7<sup>th</sup> Street (208) 245-5551  
St. Maries, ID 83861

*Staff:* Physical therapist, occupational therapist, doctor of osteopathy, pharmacist, and social worker.

*Services/Programs:* Joint replacement, Orthopaedic surgery, Arthritis-related surgery, pre-fabricated splinting, parafin bath, arthritis land exercise, and individual one-on-one arthritis education.

*Insurance:* Medicaid, Medicare, and private insurance.

- **Benewah Medical Center**

P.O. Box 388

1115 B Street

Plummer, ID 83851

(208) 686-1931

*Staff:* Physical therapist, pharmacist, pain management specialist, clinical psychologist, social worker.

*Services/Programs:* Arthritis physical therapy, custom foot orthotics, warm water therapy, arthritis water exercise, arthritis exercise (land), individual one-on-one arthritis education.

*Arthritis-related Education Programs:* Individual one-on-one arthritis education and counseling.

*Insurance:* Medicaid, Medicare, private insurance.

- **Bonner General Hospital**

<http://www.bonnergen.org>

- **BGH Osteoporosis Program**

520 N. 3<sup>rd</sup> Ave. or P.O. Box 1448

Sandpoint, ID 83864

(208) 263-1441

*Staff:* Physical therapist, occupational therapist, doctor of osteopathy, physiatrist, pharmacist, orthopedist, psychiatrist, social worker, ophthalmologist.

*Services/Programs:* Joint replacement, arthritis physical therapy, orthopaedic surgery, bone density screenings, splinting, occupational therapy, modalities, warm water therapy, arthritis water exercise.

*Arthritis-related Exercise Programs:* Osteoporosis program including education, strength training, flexibility and balance, and weight bearing aerobics.

*Arthritis-related Education Programs:* Osteoporosis class series and information sessions.

*Support Groups:* Osteoporosis and fibromyalgia support groups; open to either patients or general public.

*Insurance:* Medicaid, Medicare, private insurance.

*Web-site Information:* Includes calendar of events, health topic updates, pharmaceutical information, hospital specific information and overall health information resources.

- **Boundary Community Hospital** <http://www.boundaryhospital.org>  
6640 Kaniksu Street (208) 267-3141  
Bonners Ferry, ID 83805-9500

*Staff:* Podiatrist

*Arthritis-Related Services/Programs:* Arthritis physical therapy, Individual one-on-one arthritis education, Screening for osteoporosis.

*Insurance:* Medicaid, Medicare, Private insurance.

- **Coeur d'Alene Arthritis Clinic** <http://www.cdarthrititis.com>  
950 Ironwood Drive (208) 765-5457  
Coeur d'Alene, ID 83814

*Staff:* Rheumatologist, registered nurse with specialized arthritis training.

*Services/Programs:* Bone density screenings.

*Arthritis-related Research or Clinical Trials:* Arthritis research, clinical trials for arthritis medications, and research on other types of arthritis-related disorders including lupus, osteoarthritis, gout, and Sjogren's syndrome.

*Insurance:* Medicaid, Medicare, private insurance.

*Web-site Information:* Includes physician question and answer.

- **Holy Family Foot & Gait** (509) 343-3338 (FEET)  
Ste. 202, East 124 Rowan  
Spokane, WA 99207

*Staff:* Rheumatologist who does podiatry and orthotics.

*Services/Programs:* Custom foot orthotics fitting.

*Insurance:* Medicaid, Medicare, private insurance.



- Kootenai Medical Center** <http://www.kmc.org>  
 2003 Lincoln Way (208) 666-2000  
 Coeur d' Alene, ID 83814 1(800) 562-9608

*Staff:* Rheumatologist, physical therapist, occupational therapist, pharmacist, podiatrist, sleep disorder specialist, pain management specialist, orthopedist, orthotist, clinical psychologist, psychiatrist, social worker, ophthalmologist.

*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopaedic surgery, splinting, occupational therapy, modalities, custom foot orthotics fitting, warm water therapy, arthritis water exercise, arthritis-related sleep disorder treatment, individual one-on-one arthritis education, assistance coping with arthritis.

*Arthritis-related Education Programs:* Arthritis education and information sessions, and osteoporosis information sessions.

*Support Groups:* Arthritis and fibromyalgia support groups; open to either patients or general public.

*Insurance:* Medicaid, Medicare, private insurance.

*Web-site Information:* Includes calendar of events and physician information.

- Shoshone Medical Center** (208) 784-1221  
 3 Jacobs Gulch  
 Kellogg, ID 83837

*Staff:* Physical therapist, occupational therapist, doctor of osteopathy, pharmacist, orthopedist, and physician assistants.

*Services/Programs:* Joint replacement, arthritis physical therapy, orthopaedic surgery, occupational therapy, modalities, warm water therapy, arthritis water exercise, arthritis aquatics program.

*Insurance:* Medicaid, Medicare, private insurance.

- Spokane Osteoporosis Detection and Treatment Center**  
 525 South Bernard St. (509) 624-5121  
 Spokane, WA 99204-2511 (509) 624-5160

*Staff:* Internal medicine – endocrinology, osteoporosis, Medical doctor who consults and tests for osteoporosis and metabolic bone diseases.

*Services/Programs:* Bone density screenings, consultation services .

*Arthritis-related Research or Clinical Trials:* Osteoporosis research, clinical trials for osteoporosis medications.

*Arthritis-related Education:* Osteoporosis information sessions, Community programs.

*Insurance:* Medicare, private insurance.

- **The Physicians Clinic of Spokane**

820 S. McClellan, Suite 200  
Spokane, WA 99204

(509) 353-4318

*Staff:* Two rheumatologists, clinical research coordinators working in arthritis-related clinical research.

*Arthritis-related research or clinical trials:* Arthritis research, osteoporosis research, clinical trials for arthritis medications, clinical trials for osteoporosis medications, research on other types of arthritis (Raynaud's Phenomenon).

### **Support Groups**

- North Country Fibromyalgia – Sandpoint  
Contact: Laurie Klontz (208) 263-5838
- Scleroderma – Spokane Washington  
Contact: Roberta Choma (509) 467-7269  
Alternate: Debbie Liddell (509) 467-8725

### **Arthritis Exercise &/or Aquatic Programs**

- Bonner General Hospital (208) 263-1441
- Coeur d'Alene Tribal Wellness Center (208) 686-9355  
Aquatics and Arthritis Exercise (PACE).

### **Arthritis-related Senior Center Activities**

- Bonners Ferry Senior Center (208) 267-5553  
Exercise class on Mon. & Fri.
- Post Falls Senior Center (208) 773-9582  
Stretch & Tone M, W, F at 9:45 am and health topics on M at 1:00 p.m.

## **Area 2: North Central**

### **Health Care Providers**

- **Clearwater Valley Hospital and Clinic**

301 Cedar

Orofino, ID 83544

(208) 476-4555

1(800) 497-7412

*Staff:* Physical therapist, pharmacist, social worker, and family practice physicians.

*Arthritis-related Research or Clinical Trials:* Clinical trials for arthritis medication.

*Insurance:* Medicaid, Medicare, private insurance.

- **Gritman Medical Clinic**

700 S. Main St.

Moscow, ID 83843

<http://www.gritman.org>

(208) 882-4511

1(800) 526-2273

*Staff:* Physical therapist, occupational therapist, pharmacist, podiatrist, sleep disorder specialist, orthopedist, social worker, ophthalmologist.

*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopaedic surgery, bone density screenings, occupational therapy, modalities, custom foot orthotics fitting, arthritis exercise classes (land).

*Arthritis-related Exercise Programs:* Land arthritis exercise classes with training from National Arthritis Foundation Osteoporosis exercise program.

*Arthritis-related Education Programs:* Monthly osteoporosis education classes.

*Support Groups:* Arthritis, and Osteoporosis support groups; open to either patients or general public.

*Insurance:* Medicaid, Medicare, private insurance.

*Web-site Information:* Calendar of events, health topic updates, pharmaceutical information, and information on multiple health related topics.

- **Inland Orthopaedics**

Centennial Health Center

623 S. Main, Suite 6

Moscow, ID 83843

(208) 883-2828

*Staff:* Orthopedist.

*Services/Programs:* Arthritis-related surgery, joint replacement, orthopaedic surgery, bone density screenings, splinting.

*Arthritis-related Education Programs:* Arthritis information session.

*Support Groups:* Arthritis support groups; open to general public.

*Insurance:* Medicaid, Medicare, private insurance.

- **Inland Orthopaedic Surgery and Sports Medicine Clinic**

825 SE Bishop Blvd, Ste. 120  
Pullman, WA 99163

<http://users.pullman.com/inlandortho>  
(509) 332-2828

*Staff:* Orthopedist.

*Services/Programs:* Arthritis-related surgery, joint replacement, orthopaedic surgery, splinting.

*Insurance:* Medicaid, Medicare, private insurance.

- **Nimiipuu Health Community Health Department**

P.O. Drawer 367  
Lapwai, ID 83540

(208) 843-7303  
Lapwai - 1(888) 891-2920  
Kamiah - 1(888) 891-2924

*Staff:* Doctor of osteopathy, pharmacist, clinical psychologist, social worker.

*Services/Programs:* Joint replacement, custom foot orthotics fitting.

*Insurance:* Medicaid, Medicare, private insurance.

- **Lewiston Orthopaedic Associates, P.A.**

320 Warner Dr.  
Lewiston, ID 83501

(208) 743-3523  
1(800) 841-3523

*Staff:* Orthopedist.

*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopaedic surgery, splinting.

*Insurance:* Medicaid, Medicare, private insurance.

- **St. Mary's Hospital**

701 Lewiston St.  
Cottonwood, ID 83522

(208) 962-3251

*Staff:* Physical therapist, occupational therapist, doctor of osteopathy, pharmacist, pain management specialist, and social worker.

*Arthritis-related Services:* Arthritis physical therapy, modalities, warm water therapy.

*Support Groups:* Fibromyalgia support groups; open to general public.

*Arthritis-related Education:* Osteoporosis information, new bone density screening machine.

*Insurance:* Medicaid, Medicare, and private insurance.

- **Syringa General Hospital**  
607 W. Main St.  
Grangeville, ID 83530

<http://www.syringahospital.org>  
(208) 983-1700

*Staff:* Physical therapist (4), Occupational therapist (1), Pharmacist, Social worker.

*Arthritis-related services:* Arthritis physical therapy, Splinting, Occupational therapy, Modalities, Custom foot orthotics fitting, warm water therapy, Arthritis water exercise, individual one-on-one arthritis education.

*Arthritis-related education:* Osteoporosis education (class series), Osteoporosis information sessions (one time).

*Insurance:* Medicaid, Medicare, private insurance.

### **Support Groups**

- Clearwater Valley Fibromyalgia – Orofino  
Contact: Bonnie LeGresley (208) 476-3149
- Lewis Clark Fibromyalgia – Lewiston  
Contact: Beth Pomerinke (208) 743-8935

### **Arthritis Exercise &/or Aquatic Programs**

- No programs at this time.

### **Arthritis-related Senior Center Activities**

- Lewiston Community Center (208) 746-2313  
Line dancing, yoga, and tai chi.

### Area 3: Central Treasure Valley

#### Health Care Providers

- **Ada Orthopaedic Clinic**

6500 Emerald St.  
Boise, ID 83704

(208) 377-0777

*Staff:* Orthopedist.

*Services/Programs:* Arthritis-related surgery, joint replacement, orthopaedic surgery.

*Insurance:* Medicare, private insurance.

- **Boise Arthritis Clinic**

901 N. Curtis Rd., Suite 404  
Boise, ID 83706

(208) 322-1920

*Staff:* Rheumatologist.

*Services/Programs:* Individual one-on-one arthritis education.

*Arthritis-related Research or Clinical Trials:* Arthritis and osteoporosis research, clinical trials for arthritis medication and osteoporosis medication, and research on rheumatoid and osteoarthritis.

*Insurance:* Medicare, private insurance.

- **HealthSouth - Nampa**

1009 W. Hemingway Blvd.  
Nampa, ID 83686

<http://www.healthsouth.com>

(208) 467-2155

*Staff:* Physical therapist, physical therapist tech, certified athletic trainer, aquatic class certified.

*Services/Programs:* Arthritis physical therapy, modalities, warm water therapy, arthritis water exercise.

*Insurance:* Medicaid, Medicare, private insurance.

*Web-site Information:* Includes calendar of events, health topic updates.

- **Idaho Arthritis and Osteoporosis Center**

- **St. Luke's Meridian Medical Center**

- 520 So. Eagle Rd. #3211

(208) 887-9500

- Meridian, ID 83642

*Staff:* Two full time Rheumatologists, x-ray technician, medical assistants.

*Services/Programs:* Bone density screenings.

*Arthritis-related Education Programs:* Doctor available to do off-site group presentations.

*Arthritis-related Research or Clinical Trials:* Research on arthritis, Osteoporosis research, clinical trials for arthritis medications, clinical trials for Osteoporosis medications.

*Support Groups:* Fibromyalgia support group; open to either patients or general public.

*Insurance:* Medicaid, Medicare, private insurance.

- **Intermountain Orthopaedics**

<http://www.intermountainortho.com>

- **Intermountain Osteoporosis Center**

(208) 383-0201

- 600 Robbins Rd. Ste. 100

(800) 383-0201

- Boise, ID 83702

*Staff:* Rheumatologist, registered nurse with specialized arthritis training, pain management specialist, orthopedist (all fellowship trained).

*Services/Programs:* Arthritis-related surgery, joint replacement, orthopaedic surgery, bone density screenings, splinting, occupational therapy, custom foot orthotics fitting, and individual one-on-one arthritis education.

*Arthritis-related Education Programs:* Arthritis and osteoporosis education class series, Arthritis and osteoporosis information sessions.

*Arthritis-related Research or Clinical Trials:* Arthritis research, osteoporosis research, clinical trials for arthritis medication, clinical trials for osteoporosis medication.

*Support Groups:* Osteoporosis support group; open to either patients or general public.

*Insurance:* Medicare, private insurance.

*Web-site Information:* includes calendar of events, health topic updates, links to osteoporosis websites.

- **Joint Efforts, CHTD**

1618 N. Orchard  
Boise, ID 83709

(208) 322-9485

*Staff:* Physical therapists, occupational therapist.

*Services/Programs:* Arthritis physical therapy, splinting, occupational therapy, modalities, custom foot orthotics fitting, warm water therapy, arthritis water exercise, individual one-on-one arthritis education, assistance in coping with arthritis.

*Arthritis-related Education Programs:* Arthritis education classes, arthritis information sessions, and Arthritis Foundation – arthritis self-help course.

*Support Groups:* Arthritis and rheumatoid arthritis support group; open to either patients or general public.

*Insurance:* Medicaid, Medicare, private insurance.

- **Michael McClay, Ph.D.**

Medical Psychologist  
600 Robins Rd. Ste. 101  
Boise, ID 83702

<http://www.drmmcclay.com>  
208-489-4040

*Staff:* Licensed psychologist

*Services/Programs:* Sleep disorders, pain associated with arthritis and fibromyalgia.

*Arthritis-related Education Programs:* Doctor available to do off-site group presentations.

*Insurance:* Medicaid, Medicare, private insurance.

- **Mountain States Hand Clinic**

333 N. 1<sup>st</sup> #240  
Boise, ID 83702

(208) 343-2555

*Staff:* Orthopedist.

*Services/Programs:* Arthritis-related surgery, joint replacement, orthopedic surgery.

*Insurance:* Medicaid, Medicare, private insurance.



- **Orthopedic Centers of Idaho**  
**DBA Idaho Sports Medicine Institute**  
 1188 University Dr.  
 Boise, ID 83706

(208) 336-8250

*Staff:* Physical therapist, orthopedist, orthotist (ped).

*Services/Programs:* Arthritis physical therapy.

- **Saint Alphonsus Regional Medical Center**

1055 N. Curtis Rd.

Boise, ID 83706

<http://www.sarmc.org>

(208) 367-2121

Call Center / Ask-a-Nurse

1(800) 322-9549

Local Line

(208) 367-3454

Education Line

1(888) 813-0053

Local Line

(208) 367-3838

St. Alphonsus Rehabilitation Services (STARS)

901 N. Curtis Rd. Ste. 204

Boise, ID 83706

(208) 367-3315

*Staff:* Rheumatologist, physical therapist, occupational therapist, medical doctor with specialized arthritis training, doctor of osteopathy, physiatrist, pharmacist, podiatrist, pain management specialist, sleep disorder specialist, orthopedist, orthotist, clinical psychologist, social worker, ophthalmologist, endocrinology, radiology, and geriatrics.

*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopaedic surgery, bone density screenings, splinting, occupational therapy, modalities, custom foot orthotics fitting, warm water therapy, arthritis water exercise, arthritis land exercise, individual one-on-one arthritis education, assistance in coping with arthritis.

*Arthritis-related Education Programs:* Osteoporosis education class series and information sessions (through the Health Promotion Institute), arthritis information sessions, arthritis physician lecture series.

*Support Groups:* Fibromyalgia support group; open to either patients or general public.

*Insurance:* Medicaid, Medicare, private insurance.

*Web-site Information:* Includes calendar of events.

- **Saint Luke's Regional Medical Center** <http://www.slrmc.org>  
190 E. Bannock (208) 381-2222  
Boise, ID 83712

St. Luke's Wood River Medical Center  
100 Hospital Dr. (208) 727-8800  
Hailey, ID 83340

St. Luke's Meridian Medical Center  
520 S. Eagle Rd. (208) 893-5000  
Meridian, ID 83642

*Staff:* Rheumatologist, physical therapist, occupational therapist, medical doctor with specialized arthritis training, doctor of osteopathy, pharmacist, podiatrist, pain management specialist, sleep disorder specialist, orthopedist, social worker, ophthalmologist.

*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopaedic surgery, bone density screenings, occupational therapy, modalities, arthritis-related sleep disorder treatment.

*Support Groups:* Osteoporosis support group; open to either patients or general public.

*Insurance:* Medicaid, Medicare, private insurance.

*Web-site Information:* Includes calendar of events, health topic updates and symptom based nurse triage.

- **Saint Luke's / Idaho Elks Rehabilitation Hospital** <http://www.idahoelksrehab.org>  
600 N. Robbins Rd. (208) 489-4040  
Boise, ID 83702

*Staff:* Physical therapist, occupational therapist, physiatrist, pharmacist, pain management specialist, clinical psychologist, social worker.

*Services/Programs:* Arthritis physical therapy, splinting, occupational therapy, modalities, arthritis water exercise, arthritis land exercise (PACE), arthritis-related sleep disorder treatment, individual one-on-one arthritis education, assistance in coping with arthritis.

*Arthritis-related Education Programs:* Osteoporosis education and information sessions.

*Insurance:* Medicaid, Medicare, private insurance.

- **Saint Luke's / Idaho Elks Rehabilitation Hospital – Meridian Medical Center**  
520 South Eagle Rd. Suite 2106 <http://www.IERH.org>  
Meridian, ID 83642 (208) 706-5775

*Staff:* Physical therapist, occupational therapist, social worker.

*Services/Programs:* Arthritis physical therapy, splinting, occupational therapy, modalities, custom foot orthotics fitting, warm water therapy, arthritis water exercise, individual one-on-one arthritis education, assistance in coping with arthritis.

*Arthritis-related Education Programs:* Arthritis Foundation – arthritis self-help course (can be arranged).

*Insurance:* Medicaid, Medicare, private insurance.

- **Saltzer Medical Group**  
4400 Flamingo Ave. E. (208) 288-4970  
Nampa, ID 83687

*Staff:* Rheumatologist, doctor of osteopathy, registered nurse with specialized training, orthopedist, ophthalmologist.

*Services/Programs:* Arthritis-related surgery, joint replacement, orthopaedic surgery, bone density screenings, splinting, arthritis-related sleep disorder treatment.

*Arthritis-related Education Programs:* Osteoporosis and arthritis information sessions.

*Support Groups:* Osteoporosis support group; open to either patients or general public.

*Insurance:* Medicaid, Medicare, and private insurance.

*Arthritis-related Research and Clinical Trials:* Arthritis research, Clinical trials for arthritis medications.

- **Office of Stanley J. Waters, MD, PhD**  
6500 Emerald (208) 322-0485  
Boise, ID 83704

*Staff:* Orthopedic Surgeon.

*Services/Programs:* Arthritis-related surgery and joint replacement.

*Insurance:* Medicare, private, Medicaid by physician referral.

- **West Idaho Orthopedics**  
206 E. Elm St. (208) 459-4511  
Caldwell, ID 83605

*Staff:* Orthopedist.

*Services/Programs:* Arthritis-related surgery, joint replacement, orthopedic surgery, splinting, modalities.

*Insurance:* Medicaid, Medicare, private insurance.

- **West Valley Medical Center**

1717 Arlington Ave.  
Caldwell, ID 83605

<http://www.westvalleymedctr.com>  
(208) 459-4641  
Toll Free: 888-880-WVMC

*Staff:* Physical therapist, Occupational therapist, Medical doctor with specialized training, Doctor of osteopathy, Pharmacist, Podiatrist, Sleep disorder specialist, Pain management specialist, Orthopedist, Orthotist, Psychiatrist, Social worker, Ophthalmologist, Physiatrist.

*Services/Programs:* Arthritis-related surgery, Joint replacement, Arthritis physical therapy, Orthopaedic surgery, Splinting, Occupational therapy, Modalities, Custom foot orthotics fitting, Warm water therapy, Individual one-on-one arthritis education, Assistance with coping with arthritis.

*Arthritis-related Programs:* Fibromyalgia support group.

*Arthritis-related Education:* Arthritis information sessions, Osteoporosis information sessions, Pulse magazine articles.

*Insurance:* Medicaid, Medicare, private insurance.

### **Support Groups**

- Boise Arthritis Group – Boise  
Contact: Victoria Merrell (208) 322-9485
- Fibromyalgia – Boise  
Contact: Dee Elliott (208) 375-5574
- Fibromyalgia – Boise  
Contact: Sue Gassert (208) 388-3892
- Fibromyalgia – Caldwell  
Contact: Jean Putnam (208) 454-9595
- Fibromyalgia – Meridian  
Contact: Diana Oehrke (208) 898-0704

### **Arthritis Exercise &/or Aquatic Programs**

- **Boise Aquatic Center / West Boise Family YMCA** (208) 377-9622  
5959 N. Discovery Pl.  
Boise, ID 83713

- **Downtown Boise Family YMCA** (208) 344-5501  
1050 W. State St.  
Boise, ID 83702

*Staff and Programs:* Physical therapist (St. Alphonsus Stars), Arthritis Aquatics, PACE

- **Fort Boise Community Center** (208) 384-4486  
700 Robbins Rd  
Boise, ID 83702

- **HealthSouth - Nampa**  
1021 W. Hemingway Blvd. (208) 467-2155  
Nampa, ID 83651

- **Nampa Recreation Center** <http://www.nampareccenter.org>  
131 Constitution Way (208) 465-2288  
Nampa, ID 83686

- **Rocky Mountain Fitness and Recreation Center**  
875 E. Plaza Dr., Ste. 101 (208) 939-3878  
Eagle, ID 83616

*Staff:* Physical Therapist, Occupational therapist.

*Arthritis-related services:* OT, Warm water therapy, Arthritis water exercise.

*Insurance:* Medicaid, Medicare and Private insurance.

- **St. Luke's/Elk's Rehabilitation Hospital** <http://www.idahoelksrehab.org>  
600 N. Robbins Rd. (208) 489-4040  
Boise, ID 83702

### **Arthritis-related Senior Center Activities**

- **Boise Senior Center** (208) 345-9921  
Tai Chi, Exercise Programs.

- **Caldwell Senior Center** (208) 459-0132  
Senior Aerobics, Tai Chi.

- **Meridian Senior Center** (208) 888-5555  
Exercise and Yoga.

- **Nampa Senior Center** (208) 467-7266  
Exercise class on M, T, & TH.

## **Area 4: Southwest & Central**

### **Health Care Providers**

- **366 Medical Group**  
90 Hope Dr. (208) 828-7200  
Mountain Home AFB, ID 83648  
*SERVICES PROVIDED ARE ONLY AVAILABLE TO DOD BENEFICIARIES*

*Staff:* Physical therapist, pharmacist, clinical psychologist, social worker.  
*Insurance:* Medicare, private insurance.

- **Bone and Joint Clinic of Treasure Valley**  
894 SW 4<sup>th</sup> Ave. (541) 889-2899  
Ontario, OR 97914

*Staff:* Orthopedist.  
*Services/Programs:* Arthritis-related surgery, joint replacement, orthopaedic surgery.  
*Insurance:* Medicaid, Medicare, private insurance.

- **Elmore Medical Center Hospital District**  
895 N. 6<sup>th</sup> E. or P.O. Box 1270 (208) 587-8401  
Mountain Home, ID 83647

*Staff:* Physical therapist, pharmacist, podiatrist, orthopedist, ophthalmologist.

- **Emmett Medical Center**  
1102 E. Locust (208) 365-6004  
Emmett, ID 83617

*Staff:* Physicians Assistants.  
*Services/Programs:* Bone density screenings provided annually.  
*Insurance:* Medicaid, Medicare, private insurance.

- **J.O. Dahlin Orthopedics**  
 915 A S.W. 3<sup>rd</sup> Ave. (541) 889-2330  
 Ontario, OR 97914

*Staff:* Orthopedist.  
*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopaedic surgery, splinting, custom foot orthotics, warm water therapy.  
*Arthritis-related Education Programs:* Arthritis and osteoporosis information sessions.  
*Insurance:* Medicaid, Medicare, private insurance.
- **Kuna Family Medical Clinic**  
 190 W. 3<sup>rd</sup> (208) 922-5130  
 Kuna, ID 83634

*Staff:* Family Nurse Practitioner.  
*Services/Programs:* Individual one-on-one arthritis education, assistance in coping with arthritis.  
*Arthritis-related Education Programs:* Arthritis and osteoporosis information sessions.  
*Support Groups:* Arthritis-related support group; open to either patients or general public.  
*Insurance:* Medicaid, Medicare, private insurance.
- **McCall Memorial Hospital**  
 1000 State St. (208) 634-2221  
 McCall, ID 83638

*Staff:* Physical therapist, occupational therapist, pharmacist, orthopedist, social worker, ophthalmologist.  
*Services/Programs:* Orthopedic surgery, splinting, warm water therapy.  
*Arthritis-related Education Programs:* Arthritis information sessions.  
*Support Groups:* Fibromyalgia support group; open to either patients or general public (not currently active).  
*Insurance:* Medicaid, Medicare, private insurance.
- **Ontario Orthopaedic Assoc. P.C.**  
 640 SW 4<sup>th</sup> Ave. (541) 889-9117  
 Ontario, OR 97914

*Staff:* Orthopedist.  
*Services/Programs:* Arthritis-related surgery, joint replacement, orthopedic surgery, splinting.  
*Insurance:* Medicare, private insurance.

- **Two Rivers Medical Clinic, Inc.**  
P.O. Box 871 (208) 549-0211  
Weiser, ID 83672  
Or  
**Cambridge Clinic**  
Superior St. (208) 257-3322  
Cambridge, ID 83612

*Staff:* Doctor of Osteopathy.  
*Insurance:* Medicaid, Medicare, private insurance.

- **Walter Knox Memorial Hospital** <http://www.wkmh.org>  
1202 E. Locust (208) 365-3561  
Emmett, ID 83617

*Staff:* Podiatrist, pain management specialist, orthopedist.  
*Services/Programs:* Arthritis-related surgery, orthopedic surgery, splinting, warm water therapy.  
*Arthritis-related Education Programs:* Arthritis and osteoporosis information sessions.  
*Insurance:* Medicaid, Medicare, private insurance.  
*Web-site Information:* Includes calendar of events, health topic updates.

- **Weiser Memorial Hospital**  
645 East 5<sup>th</sup> (208) 549-0370  
Weiser, ID 83672 (800) 843-8703

*Staff:* Physical therapist, doctor of osteopathy, pharmacist, podiatrist.  
*Services/Programs:* Arthritis physical therapy, splinting, modalities.  
*Insurance:* Medicaid, Medicare, private insurance.

### **Support Groups**

- Fibromyalgia – Emmett  
Contact: Val Sanders (208) 365-3354
- Fibromyalgia – Mountain Home  
Contact: Gloria Barnes (208) 587-4808



**Arthritis Exercise &/or Aquatic Programs**

- Mountain Home Senior Center (208) 587-4562  
Arthritis Exercise (PACE)

**Arthritis-related Senior Center Activities**

- Cambridge Senior Center (208) 257-3358  
Health lessons monthly.
- Gem County Senior Center (208) 365-4343  
Exercise class on T & TH.  
Education seminars every 4<sup>th</sup> Tuesday of the month.
- Homedale Senior Center (208) 337-3020  
Line Dancing on Wednesdays.
- Mountain Home Senior Center (208) 587-4562  
Arthritis Exercise (PACE).  
Other exercise on T & TH.

## **Area 5: South Central**

### **Health Care Providers**

- **Alexander Orthopaedics, P.A.** <http://orthodoc.aaos.org/ahalexander>  
100 Hospital Drive, Suite 100; PO Box 6997 (208) 727-0005  
Ketchum, ID 83340

*Staff:* Physical therapist, medical doctor with specialized arthritis training, orthopedist, hand surgeon with specialized training in osteoarthritis and rheumatoid deformity.

*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopedic surgery, splinting, modalities, custom foot orthotics fitting.

*Arthritis-related Education Programs:* Doctor available to speak on "Osteoarthritis".

*Insurance:* Medicare, private insurance.

*Web-site Information:* Patient information brochures.

- **Gilbert K. Crane M.D. Orthopedic Surgery**  
1263 Bennett Ave. (208) 678-9760  
Burley, ID 83318

*Staff:* Orthopedist

*Arthritis-related services:* Arthritis-related surgery, joint replacement, orthopaedic surgery, splinting.

*Insurance:* Medicaid, Medicare, private insurance.

- **Gooding County Memorial Hospital**  
1120 Montana St. (208) 934-4433  
Gooding, ID 83330

*Staff:* Physical therapist, occupational therapist, podiatrist, orthopedist.

*Services/Programs:* Arthritis physical therapy, splinting, occupational therapy, custom foot orthotics fitting.

*Insurance:* Medicaid, Medicare, private insurance.

- **Intermountain Orthopaedic Clinic**  
496-F Shoup Ave. W. (208) 734-7291  
Twin Falls, ID 83301

*Staff:* Orthopedist.

*Services/Programs:* Arthritis-related surgery, joint replacement, orthopaedic surgery, splinting.

- **Magic Valley Regional Medical Center** http://www.mvrmc.org  
(208) 737-2050  
P.O. Box 409  
650 Addison Ave. W.  
Twin Falls, ID 83303-0409

*Staff:* Physical therapist, occupational therapist, pharmacist, social worker.  
*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopaedic surgery, bone density screenings, splinting, occupational therapy, modalities, custom foot orthotics, warm water therapy.  
*Arthritis-related Education Programs:* Arthritis self-help course, education class series, and information sessions, and osteoporosis information session.  
*Support Groups:* Arthritis support group open to both the public or patients.  
*Insurance:* Medicaid, Medicare, private insurance.  
*Web-site information:* Calendar of events, physician question and answer, health topic updates, pharmaceutical information, referral through Community Connection.

- **Joseph R. Peterson, MD** (208) 678-1138  
1344 Hiland Ave. Suite A  
Burley, ID 83318

*Staff:* Orthopedist, sleep disorder specialist, pain management specialist, orthotist  
*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopaedic surgery, splinting, custom foot orthotics fitting.  
*Insurance:* Medicaid, Medicare, private insurance.

- **Smith Medical Group** (208) 934-4446  
134 4<sup>th</sup> Ave. West  
Gooding, ID 83330

*Staff:* Doctor of Osteopathy

- **Snake River Health & Wellness Center** (208) 837-6161  
640 Frogs Landing  
Hagerman, ID 83332

*Staff:* Family Nurse Practitioner with training received through the Arthritis Foundation.  
*Services/Programs:* Individual one-on-one arthritis education, assistance in coping with arthritis.  
*Arthritis-related Education Programs:* Arthritis and osteoporosis information sessions.  
*Insurance:* Medicaid, Medicare, private insurance.

- **St. Benedicts Family Medical Center**

709 N. Lincoln

Jerome, ID 83338

(208) 324-4301

*Staff:* Doctor of osteopathy, pharmacist.

*Services/Programs:* Bone density screenings.

*Insurance:* Medicaid, Medicare, private insurance.

- **Twin Falls Orthopedics**

PO Box 1808

Twin Falls, ID 83303-1808

(208) 734-3455

*Services:* Joint replacement, Orthopaedic surgery.

**Support Groups**

- **Fibromyalgia – Rupert**

Contact: Mary Peterson

(208) 436-6180

**Arthritis Exercise &/or Aquatic Programs**

- **Twin Falls Municipal Pool**

756 Locust St. N. or P.O. Box 1907

Twin Falls, ID 83301

(208) 734-2336

**Arthritis-related Senior Center Activities**

- Blaine County Senior Center (208) 788-3468  
Exercise program twice a week.
- Camas County Senior Center (208) 764-2226  
Monthly health topics, arthritis exercise (PACE).
- Golden Heritage Senior Center, Inc. (208) 678-8646  
Daily exercise program.
- Gooding County Senior Citizens Org. (208) 934-5504  
Upcoming exercise program, and  
monthly health topics given by a nurse.
- Jerome Senior Center (208) 324-5642  
Aerobics three times per week (M,W,F) and  
monthly video health seminars.
- Lincoln County Senior Center (208) 886-2369  
Exercise class Monday and Thursday, monthly health seminars.
- Minidoka County Senior Center (208) 436-9107  
Low impact aerobics on M and Th, and Senior network videos.
- Silver and Gold Seniors (208) 825-5662  
Once a week health topic presentations.
- Twin Falls Senior Citizens Federation (208) 734-5084  
Exercise class on Thursday and Senior network videos.
- West End Senior Citizens Center, Inc. (208) 543-4577  
Exercise class three times per week (M,W,F)  
and once a week health topics on Thursday.

## **Area 6: Southeast & East**

### **Health Care Providers**

- **Bearlake Memorial Hospital**  
164 S. 5<sup>th</sup> St. (208) 847-4418  
Montpelier, ID 83254

*Staff:* Physical therapist, medical doctor, pharmacist, orthopedist, clinical psychologist.

*Arthritis-related services:* Arthritis-related surgery, Arthritis physical therapy, orthopaedic surgery, splinting, modalities, warm water therapy, arthritis water exercise.

*Insurance:* Medicaid, Medicare, and private insurance.

- **Biddulph Orthopaedics**  
2860 Channing Way Suite 112 (208) 522-6662  
Idaho Falls, ID 83404

*Staff:* Orthopedist

*Services/Programs:* Arthritis-related surgery, joint replacement, orthopaedic surgery.

*Arthritis-related education:* Newsletters with arthritis focus.

*Research/Clinical trials:* Arthritis research.

*Insurance:* Medicare, private insurance.

- **Blackfoot Medical Clinic** <http://www.bfmed.com>  
625 W. Pacific (208) 785-2600  
Blackfoot, ID 83221 1 (888) 758-2600

*Staff:* Physical therapist, doctor of osteopathy, orthopedist, and licensed professional counselor.

*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopedic surgery, bone density screenings, splinting, modalities, custom foot orthotics fitting, assistance in coping with arthritis.

*Insurance:* Medicaid, Medicare, private insurance.

- Caribou Memorial Hospital**  
300 S. 3<sup>rd</sup> W. <http://www.cariboumemorial.org>  
Soda Springs, ID 83276 (208) 547-3341

*Staff:* Physical therapist, Occupational therapist, Doctor of Osteopathy, Pharmacist, Social worker.  
*Services/Programs:* Arthritis physical therapy, bone density screenings.  
*Insurance:* Medicaid, Medicare, private insurance.
- Challis Area Health Center**  
P.O. Box 980 (208) 879-4351  
Challis, ID 83226

*Staff:* Occupational therapist, Physicians Assistant, twice per month visit from Medical Director from Hailey.  
*Insurance:* Medicaid, Medicare, private insurance.
- Eastern Idaho Regional Medical Center** <http://www.eirmc.com>  
3100 Channing Way (208) 529-6111  
Idaho Falls, ID 83404

*Staff:* Rheumatologist, physical therapist, occupational therapist, medical doctor with specialized arthritis training, doctor of osteopathy, physiatrist, pharmacist, podiatrist, sleep disorder specialist, pain management specialist, orthopedist, clinical psychologist, psychiatrist, social worker, ophthalmologist.  
*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopedic surgery, splinting, occupational therapy, modalities, warm water therapy, individual one-on-one arthritis education.  
*Arthritis-related Education Programs:* Arthritis and osteoporosis information session.  
*Arthritis-related Research and Clinical Trials:* Clinical trials for arthritis medication.  
*Insurance:* Medicaid, Medicare, private insurance.  
*Web-site Information:* Health topic updates.
- Eastern Idaho Sports Medicine and Orthopedic Center**  
**Ronald D. Wheeler, MD**  
2860 Channing Way, Suite 116 (208) 529-6400  
Idaho Falls, ID 83404

*Staff:* Orthopedist.  
*Services/Programs:* Arthritis-related surgery.  
*Insurance:* Medicaid, Medicare, private insurance.

- **Franklin County Medical Center**

44 N. 100 E.  
Preston, ID 83263

<http://www.fcmc.org>  
(208) 852-1937

*Staff:* Physical therapist, Occupational therapist, Podiatrist.

*Services:* Occupational therapy.

*Arthritis:* related education: Arthritis information sessions (one-time presentations).

- **Idaho Orthopaedic and Sports Clinic**

560 Memorial Dr.  
Pocatello, ID 83201

<http://www.idaortho.com>  
(208) 234-1960

*Staff:* Rheumatologist (Board Certified), physical therapist, orthopedist.

*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopedic surgery, bone density screenings, splinting, modalities.

*Insurance:* Medicaid, Medicare, private insurance.

- **Idaho State University - Physical & Occupational Therapy Associates**

P.O. Box 8045  
Pocatello, ID 83209

<http://www.isu.edu>  
(208) 282-4095

*Staff:* Physical therapist, occupational therapist.

*Services/Programs:* Occupational therapy, modalities, custom foot orthotics, warm water therapy, arthritis water exercise, arthritis exercise classes (land), individual one-on-one arthritis education.

*Arthritis-related Education Programs:* Osteoporosis education class series, arthritis and osteoporosis information session.

*Insurance:* Private insurance.

- **Lost Rivers Medical Center**

P.O. Box 815  
551½ Highland Dr.  
Arco, ID 83213

(208) 527-8206

*Staff:* Physical therapist, doctor of osteopathy, podiatrist.

*Insurance:* Medicaid, Medicare, private insurance.



- **Mackay Medical Clinic**  
Cedar Street  
Mackay, ID (208) 588-2993

- **Madison Memorial Hospital**  
450 E. Main  
Rexburg, ID 83440 <http://www.madisonhospital.org>  
(208) 356-3691

*Staff:* Physical therapist, occupational therapist, doctor of osteopathy, pharmacist, podiatrist, pain management specialist, orthopedist, clinical psychologist, social worker, ophthalmologist.

*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopaedic surgery, occupational therapy, modalities, warm water therapy, arthritis water exercise classes.

*Insurance:* Medicaid, Medicare, private insurance.

*Web-site Information:* Calendar of events, health topic updates.

- **Malad Valley Clinic**  
230 W 200 N  
Malad, ID 83252 (208) 766-2267

*Staff:* Doctor of osteopathy.

*Services/Programs:* Modalities, individual one-on-one arthritis education, assistance in coping with arthritis, remicade therapy.

*Arthritis-related Education Programs:* Health fairs.

*Insurance:* Medicaid, Medicare, private insurance.

- **Occupational Therapy, P.A.**  
1820 E. 17<sup>th</sup> Ste. 120  
Idaho Falls, ID 83404 (208) 529-3358

*Staff:* Occupational therapist.

*Services/Programs:* Pediatrics and adult arthritis-related occupational therapy, evaluation and follow-up, modalities, joint preservation in activities of daily living, home and worksite modifications. Works with rheumatologists in the region.

*Arthritis-related Education Programs:* Individual referral to provide appropriate funding for needed equipment.

*Insurance:* Medicaid, private insurance, workman's comp, some vocational rehab coverage.

- **Pocatello Regional Medical Center**

777 Hospital Way  
Pocatello, ID

(208) 239-2081

*Staff:* Physical therapist, occupational therapist, pharmacist, sleep disorder specialist, social worker.

*Services/Programs:* Arthritis physical therapy, bone density screenings, arthritis exercise classes (land).

*Arthritis-related Education Programs:* Life movement – Exercise for Special Populations; open to either patients or general public, and osteoporosis information sessions.

*Insurance:* Medicaid, Medicare, private insurance.

- **Craig Scoville, MD**

2860 Channing Way #202  
Idaho Falls, ID 83404

(208) 535-4373

*Staff:* Rheumatologist.

*Arthritis-related Education Programs:* Newsletters with arthritis focus.

*Arthritis-related Research and Clinical Trials:* Arthritis research and clinical trials for arthritis medication.

*Insurance:* Medicaid, Medicare, private insurance.

- **Shelley Family Medical Clinic**

275 W. Locust  
Shelley, ID 83274

<http://www.bfmed.com>

(208) 357-7404

1 (888) 758-2600

*Staff:* Physical therapist, doctor of osteopathy, orthopedist, and licensed professional counselor.

*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopedic surgery, bone density screenings, splinting, modalities, custom foot orthotics fitting, assistance in coping with arthritis.

*Insurance:* Medicaid, Medicare, private insurance.

- **Shriners Hospital for Children – Intermountain** <http://www.shrinershq.org>  
Fairfax Rd @ Virginia St (801) 536-3500  
Salt Lake City, UT 84103-4399 1 (800) 313-3745

*Staff:* Physical therapist, occupational therapist, pharmacist, pain management specialist, orthopedist, orthotist, social worker.

*Services/Programs:* Arthritis-related surgery, joint replacement, arthritis physical therapy, orthopaedic surgery, bone density screenings, splinting, occupational therapy, warm water therapy, arthritis water exercise.

*Insurance:* Care is offered at no cost.

*Web-site Information:* Health topic updates.

- **Southeast Idaho Osteoporosis Center**  
1951 Bench Road (208) 238-1000  
Pocatello, ID 83201

*Staff:* Doctor of osteopathy, pharmacist.

*Services/Programs:* Bone density screenings.

*Arthritis-related Education Programs:* Osteoporosis information sessions.

*Arthritis-related Research or Clinical Trials:* Osteoporosis research.

*Insurance:* Medicaid, Medicare, private insurance.

- **Teton Valley Hospital and Surgery Center**  
120 E. Howard (208) 356-2383  
Driggs, ID 83422

*Staff:* Physical therapist, Occupational therapist, Pain management specialist, Social worker.

*Services:* Arthritis physical therapy, Orthopaedic surgery, Splinting, Occupational therapy, Modalities, Custom foot orthotics fitting, Warm water therapy.

### **Support Groups**

- Fibromyalgia – Ashton  
Contact: Karen Spragg (208) 652-3796
- Fibromyalgia – Idaho Falls  
Contact: Jan Longua (208) 523-2117
- Lupus – Rexburg  
Contact: Shane Roth (208) 624-7402
- Pocatello Arthritis – Pocatello  
Contact: Anna Breeze (208) 237-1669  
Alternate: Vicki Keaton (208) 233-5197

### **Arthritis Exercise &/or Aquatic Programs**

- **Apple Athletic Club**  
1710 E. 16<sup>th</sup> Street (208) 529-8600  
Idaho Falls, ID 83404
- **Blackfoot Swimming Pool**  
960 S. Fisher (208) 785-8624  
Blackfoot, ID 83221
- **Bear Lake Memorial Hospital**  
164 South 5<sup>th</sup> (208) 847-1630  
Montpelier, ID
- **Bingham Memorial Hospital**  
98 Poplar Street (208) 785-3883  
Blackfoot, ID
- **Downata Hot Springs** info@downatahotsprings.com  
P.O. Box 185 (208) 897-5736  
Downey, ID 83234

### **Arthritis-related Senior Center Activities**

- Bingham County Senior Citizens Center (208) 785-4714  
Health seminars monthly, summer exercise programs, line dancing every Tuesday.
- Idaho Falls Senior Community Center (208) 522-4357  
Low impact aerobics, monthly health seminars.
- Madison County Seniors (208) 356-0080  
Monthly health seminars.
- Marsh Valley Senior Center (208) 897-5351  
Aerobics on M, W, F.

## **National Organizations & Websites**

- American Academy of Orthopaedic Surgeons  
6300 N. River Rd.  
Rosemont, IL 60018-4262  
http://www.aaos.org  
1-800-346-2267  
fax 1-847-823-8125  
  
email: webhelp@aaos.org
- American College of Rheumatology / Association of Rheumatology Health Professionals  
1800 Century Place, Ste. 250  
Atlanta, GA 30345  
http://www.rheumatology.org  
1-404-633-3777  
fax 1-404-633-1870  
  
email: acr@rheumatology.org
- Arthritis Foundation  
1330 W. Peachtree  
Atlanta, GA 30309  
http://www.arthritis.org  
1-800-283-7800  
fax 1-404-872-9959  
  
email: helpdesk@arthritis.org
- Arthritis Foundation – Utah/I daho Chapter  
448 E. 400 S., Ste. 103  
Salt Lake City, UT 84111  
http://www.arthritis.org  
1-800-444-4993  
fax 1-801-536-0991
- Center for Disease Control  
1600 Clifton Rd.  
Atlanta, GA 30333  
http://www.cdc.gov  
1-800-311-3435
- Foundation for Informed Medical Decision Making, Inc.  
PO Box 5457  
Hanover, NH 03755-5457  
1-877-227-5900  
fax 1-603-650-1125
- Lupus Foundation of America, LFA Utah Chapter  
550 24<sup>th</sup> St # 104  
Ogden, UT 84401  
http://www.lupus.org  
1-800-657-6398  
(within UT, ID, & NV only)  
  
email: lupusutah@uswest.net

- National Fibromyalgia Research Association <http://www.teleport.com/~nfra>  
 PO Box 500  
 Salem, OR 97308  
  
 email: [nfra@teleport.com](mailto:nfra@teleport.com)
- National Institute of Arthritis and Musculoskeletal /  
 Skin Diseases Information Clearinghouse National Institute of Health  
 1 AMS Circle <http://www.nih.gov/niams>  
 Bethesda, MD 20892-3675 1-301-495-4484  
 fax 1-301-718-6366  
 TTY 1-301-565-2966
- National Lupus Foundation of America, Inc. <http://www.lupus.org>  
 1300 Piccard Dr., Ste. 200 1-800-558-0121  
 Rockville, MD 20850-4303
- National Osteoporosis Foundation <http://www.nof.org>  
 1232 22<sup>nd</sup> St. N.W. 1-202-223-2226  
 Washington, DC 20037-1292
- North American Spine Society <http://www.spine.org>  
 6300 N. River. Rd., Ste. 500 1-847-698-1630  
 Rosemont, IL 60018-4231 fax 1-847-823-8668
- Scleroderma Foundation <http://www.scleroderma.org>  
 12 Kent Way, Ste. 101 1-978-463-5843  
 Byfield, MA 01922  
  
 email: [sfinfo@scleroderma.org](mailto:sfinfo@scleroderma.org)
- Spondylitis Association of America <http://www.spondylitis.org>  
 PO Box 5872 1-800-777-8189  
 Sherman Oaks, CA 91413 fax 1-818-981-9826  
  
 email: [info@spondylitis.org](mailto:info@spondylitis.org)

## **Prescription Assistance Information**

Many drug manufacturers have prescription assistance programs. All the companies have different requirements for application and have different ways of determining eligibility for assistance. The following is a partial list of ways you can find out more about these assistance programs. **You must work with your physician.**

**<http://www.phrma.org>** (search "Patient Assistance Program"). This offers a list of the leading drug manufacturers that have prescription assistance programs and tells how to contact the manufacturers to apply for free or reduced medications. A "Directory of Prescription Drug Patient Assistance Programs" is also available on the web site. For those without Internet access contact:

PhRMA  
1100 Fifteenth Street, NW  
Washington, DC 20005

(202)-835-3400  
Fax: (202)-835-3414

**<http://www.needymeds.com>** An information source to learn about patient assistance programs and other programs designed to help those who can't afford their medicines.

**The Rheumatoid Arthritis Assistance Foundation** was established to improve access to ENBREL for patients who have limited resources. To be eligible for assistance, patients must meet the criteria set by the Foundation's Board of Directors. Please call 1-800-282-7704 for more information or to discuss eligibility. Physician requests should be directed to:

Rheumatoid Arthritis Assistance Foundation  
P.O. Box 766  
Washington D.C. 20077-1207

(800) 282-7704  
(888) 508-8083 (f)

### **Prescription Discount Cards**

Many drug companies are now offering a discount card for their medications for senior citizens on Medicare who meet eligibility requirements. Others include people with disabilities and those with limited income. One discount card example is given below. For others check the web site of the drug manufacturer or contact customer service numbers.

**<http://www.together-rx.com>**

Discount card for eligible Medicare enrollees for several participating drug companies for some medications.

Together Rx Card  
P.O. Box 2127  
Lakewood, NJ 08701-9620

(800) 865-72311 for eligibility information

The following may be able to help with the application process for prescription assistance.

**St. Vincent De Paul**

Prescription Assistance Program

208-345-2833

**The Medicine Program**

P.O. Box 515

Doniphan, MO 63935-0515

<http://www.themedicineprogram.com>

1-573-778-1118

email: [help@themedicineprogram.com](mailto:help@themedicineprogram.com)

The Medicine Program assists those of all ages who have exhausted other sources for help with medication. There is a \$5.00 processing fee charged for each medication requested.

**Idaho Area Agencies on Aging**

Availability of help with the prescription assistance application process from the Area Agencies on Aging varies from office to office and senior client level of need for assistance. You will need to contact your local office directly to find out if this service is available.

**Area I - Coeur d'Alene, ID**

North Idaho

(208) 667-3179  
or 1-800-786-5536

**Area II - Lewiston, ID**

North Central Idaho

(208) 743-5580  
or 1-800-877-3206

**Area III - Weiser, ID**

Southwestern Idaho

(208) 549-2411  
or 1-800-549-0324

- Caldwell, ID

(208) 454-9661

- Boise, ID

(208) 322-7033

**Area IV - Twin Falls ID**

South Central Idaho

**Burley, ID 83318**

(208) 736-2122  
or 1-800-574-8656  
(208) 677-4872

**Area V - Pocatello, ID**

Southeast Idaho

(208) 233-4032  
or 1-800-526-8129

**Area VI - Idaho Falls, ID**

Eastern Idaho

(208) 522-5391  
or 1-800-632-4813



## **Other Resources**

**Living Independence Network Corporation (LINC)** <http://www.state.id.us/silc/linc.htm>

A non-profit organization, empowering people with disabilities to achieve their desired level of independence. Services include information and referral, personal assistance service/self-directed attendant program, peer support, advocacy: individual and systems change, resource library, independent living skills training, ADA site evaluations, discrimination prevention training.

LI NC Boise Main Office	208-336-3335
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LI NC Twin Falls Satellite Office	208-733-1712
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Canyon County Satellite Office	208-454-5511
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Moscow Main Office	208-883-0523
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Coeur d'Alene Satellite Office	208-664-9896 or 800-854-9500
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### **Living Independently for Everyone (LIFE)**

Pocatello Main Office	208-232-2747
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American Falls Office	208-226-2673
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Blackfoot Office	208-785-9648
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Burley Office	208-678-7705
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Idaho Falls Office	208-529-8610
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<b><u>Idaho CareLine</u></b>	800-926-5647
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Referrals to a range of health and human services within your community and around the state including children and family resources, health and wellness, and social services. Many services are free or for a reduced charge.

## **Complementary and Alternative Therapies**

For the following complementary and alternative therapy topics please consult your physician and local telephone directory.

Acupuncture / Acupressure  
Ayurvedic Medicine  
Bio Feedback  
Chiropractic  
Health Food Stores  
Homeopathy  
Massage Therapy  
Naturopathic Physician  
Oriental Medicine  
Yoga

## Glossary of Terms

**Arthritis:** Umbrella term for more than 100 conditions (or diseases or problems) primarily affecting the joints, surrounding tissues and/or other connective tissues of the body.

**Ankylosing Spondylitis:** A rheumatic disease causing arthritis of the spine and sacroiliac joints. Can cause severe joint and back stiffness, loss of motion and deformity.

**Bone Mineral Density (BMD):** Measurement used to determine the presence of osteoporosis.

**Bursitis:** Inflammation or irritation of a bursa, which are small sacs located between bone and other moving structures. Inflammation causes pain and stiffness aggravated by movement.

**Carpal Tunnel Syndrome (CTS):** A condition causing pain, tingling, numbness and weakness in fingers and thumb.

**Chronic Joint Conditions:** Pain, aching, stiffness, or swelling in or around a joint present on most days for at least 1 month in the past 12 months.

**Fibromyalgia Syndrome:** Is characterized by widespread aching, stiffness, fatigue, and multiple tender points. May also experience sleep disturbances, morning stiffness, irritable bowel syndrome, anxiety, and other symptoms.

**Gout:** A painful rheumatic disease resulting from needle-like crystals of uric acid in the connective tissues, joint spaces or both.

**Juvenile Rheumatoid Arthritis:** A chronic condition causing inflammation in one or more joints beginning before age 16.

**Lupus:** see Systemic Lupus Erythematosus (SLE).

**Musculoskeletal Conditions:** Problems affecting the skeleton, joints, muscles, and connective tissues of the body

**Occupational Therapist:** Teaches ways to more easily perform everyday activities (cooking, driving, dressing) that may have become challenging due to pain or mobility limitations.

**Orthotist:** Provide care to patients with disabling conditions of the limbs and spine. Design, construct, and fit patients with orthoses (custom made braces).

**Orthopaedic:** Pertaining to the correction of deformities of the musculoskeletal system.

**Orthopaedist:** "Bone Doctor", One who prevents, cures, or remedies deformities.

**Osteoarthritis:** A degenerative joint disease resulting from the breakdown of the cartilage allowing bones to rub together leading to pain and stiffness; Usually affects the knees, hips, and hands. The most common form of arthritis.

**Osteopathic Physician:** Practice much like MD's but some use hands-on adjustments-Osteopathic Manipulative Treatment (OMT) – to relieve pain and restore normal functions to joints.

**Osteopenia:** A condition similar to osteoporosis (see below) except the reduction in bone mass is not as severe.

**Osteoporosis:** Bone disease characterized by a reduction of bone mass and a deterioration of the microarchitecture of the bone leading to bone fragility.

**Pharmacist:** Help you avoid drug interactions and answer questions about your medications.

**Physiatrist:** A physician specializing in physical medicine and rehabilitation. Treat a wide range of problems from sore shoulders to spinal cord injuries.

**Physical Therapist:** Help manage pain and mobility by using therapeutic exercise, heat, cold or water therapy.

**Podiatrist:** Treat conditions affecting your foot or ankle; licensed to perform surgery and prescribe medication. Focus on controlling inflammation, preserving joint function and treating diseases or abnormalities.

**Polymyalgia Rheumatica:** A disorder generally seen in people over age 50 causing stiffness and aching in the neck, shoulder and hip areas.

**Rheumatoid Arthritis:** A chronic, inflammatory disease of the body where a person's own immune system attacks cells inside the joint capsule; producing its most prominent manifestations in joints, often leading to joint pain, stiffness, and deformity.

**Rheumatology:** A branch of medicine concerned with the diagnosis and treatment of arthritis.

**Rheumatologist:** Specialize in diseases of the musculoskeletal system. Diagnose and treat arthritis and related conditions such as lupus, osteoporosis, fibromyalgia, and gout.

**Scleroderma:** A disease involving hardening and shrinking of connective tissues, manifested by dermal fibrosis and fixation of the skin to underlying organs or structures, characterized by weakness, joint pains, edema of hands, and Reynaud's phenomenon.

**Social Worker:** Help you find practical solutions required for convalescence or life changes.

**Soft Tissue Rheumatism:** Many common minor pains, which are not arthritis, but due to injury, strain, or inflammation of tendons or ligaments. Include tennis/golfer's elbow, carpal tunnel syndrome, and Achille's tendonitis.

**Systemic Lupus Erythematosus:** Also known as SLE or Lupus, is a type of autoimmune disease in which the body harms its own healthy cells. Chronic inflammatory disorder can affect many parts of the body including the joints, skin, kidneys, heart, lungs, blood vessels, and brain.

**Tendonitis:** Inflammation or irritation of a tendon. Tendons are the thick fibrous cords attaching muscles to bone.

The information provided by the Idaho Arthritis Resource Guide should not take the place of advice and guidance from your own health-care professionals. Check with your physician about changes in your treatment plan.

This publication is not copyrighted. Please feel free to make copies for distribution as needed. Every effort has been made to include accurate information, however changes do occur and we apologize if this causes any inconvenience for you.

The Idaho Arthritis Resource Guide can be found at Internet address  
<http://www.idahohealth.org>  
under "Healthy Living" then under "Arthritis Program":



**For More Information or Additional Copies:**



Bureau of Health Promotion  
Arthritis Program  
PO Box 83720  
Boise, ID 83720-0036  
(208) 332-7344

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